HEALING HEARTS *With Jo*
FAMILY RECOVERY

REFLECTION QUESTIONS

TAKE A FEW MOMENTS TO ANSWER THESE QUESTIONS HONESTLY.

THERE ARE NO RIGHT OR WRONG ANSWERS, JUST AN OPPORTUNITY TO GAIN CLARITY ABOUT WHERE YOU ARE AND WHERE YOU'D LIKE TO BE.

1. What are the biggest challenges or frustrations you are experiencing in your relationships right now?

2. How much time and energy do you spend worrying about, helping, fixing, rescuing, or thinking about other people's problems?

3. If nothing changed over the next year, how would that affect your emotional, physical, and mental well-being

4. What changes would you most like to see in yourself over the next 12 months?

5. What would a healthy, peaceful, and fulfilling relationship with your loved ones look like to you?

6. What feelings would you like to experience more often in your life? (For example: peace, confidence, freedom, joy, trust, connection, or hope.)

7. What responsibilities are you carrying that may not actually belong to you?

8. What do you find most difficult about allowing others to make their own choices, even when you care deeply about them?

9. Imagine waking up one year from now and your life feels lighter, calmer, and more fulfilling. What has changed, and what are you doing differently?

10. What would become possible in your life if you no longer felt responsible for managing other people's happiness, choices, or outcomes?

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